

For more information about participating in Wellness Center programs, call (801) 587-4585 or visit [huntsmancancer.org/wellnesscenter](http://huntsmancancer.org/wellnesscenter).

For answers to cancer questions and concerns, call the Huntsman Cancer Institute Cancer Learning Center at (888) 424-2100.

a reason to HOPE®

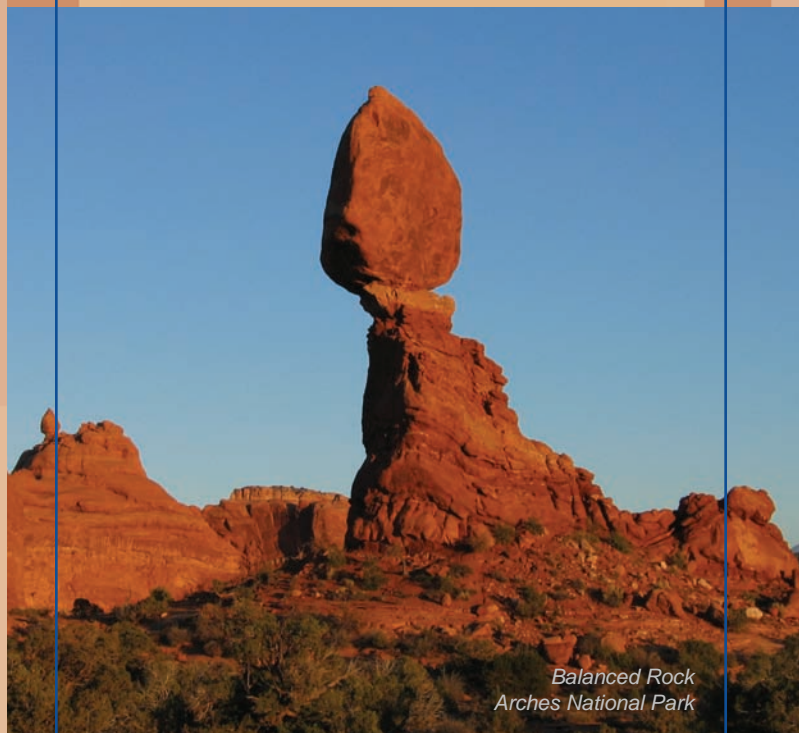


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5/07

## THE HUNTSMAN CANCER INSTITUTE WELLNESS CENTER



*Balanced Rock  
Arches National Park*

*Promoting physical and emotional  
well-being and a sense of balance  
for people diagnosed with cancer*

HUNTSMAN CANCER INSTITUTE



The Wellness Center complements the medical care of Huntsman Cancer Institute patients by addressing their physical and emotional needs and the needs of loved ones during and after treatment. The Wellness Center promotes lifelong well-being through individual and group programs.

## Fitness Program

Physical activity is an important part of cancer recovery. The Fitness Program creates an exercise prescription for cancer patients based on diagnosis, treatment type and phase, and personal fitness goals. Services include a physical assessment, individual exercise program design and monitoring, and community-based exercise activities.

## Nutrition Counseling

Available on a walk-in basis or by appointment, the Wellness Center's registered dietician provides personalized nutrition counseling for people diagnosed with all types of cancer. The dietician offers expertise in dietary supplements as well as help with special dietary needs resulting from cancer therapies. Nutrition classes and a cancer nutrition recipe book are in development.

## Supportive Care

The Wellness Center coordinates these care services:

- individual counseling as well as ongoing patient and caregiver support groups
- workshops and counseling for parents with cancer about talking to children in age-appropriate ways
- a certified hypnosis therapist to help with anxiety and pain management
- information about cancer-related job and insurance discrimination issues

## Bone Health and Osteoporosis Program

Cancer patients have a higher incidence of osteoporosis than the general population, leading to increased risk for fractures and breaks. This program provides screening, prevention, and treatment for bone thinning.

## Acupuncture

Adapted from traditional Chinese medicine, this technique uses fine needles that are inserted through the skin at specific points. The Wellness Center offers this therapy to help control pain and nausea.

## Look Good...Feel Better

Sponsored by the American Cancer Society, this class teaches female cancer patients beauty techniques to manage side effects of cancer treatment such as hair loss. Participants also receive a free cosmetics kit.

## Yoga

Yoga increases flexibility, balance, range of motion, and muscle tone. As with other forms of exercise, it can improve mood and a sense of well-being. The Wellness Center offers classes to patients and their loved ones.

## YourStory Program

The YourStory Program helps patients and their loved ones record tales of their lives. A trained facilitator guides the process and produces a professional-quality CD.

## More to Come

Wellness Center programs continue to expand. Planned services include dance and therapeutic art programs and a book club.

*The Wellness Center is located on the second floor  
of Huntsman Cancer Hospital.*

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or visit [huntsmanccancer.org/wellnesscenter](http://huntsmanccancer.org/wellnesscenter).*